**Sleep and the environment**

1. Make the bedroom a relaxing place: allow your child to feel safe, calm and relaxed in their bedroom (Avoid sending them into the bedroom for time out)
2. If it’s appropriate you can add props or ques into the bedroom such as music (white noise) or night lamps but make sure that these stay on throughout the night and are not turned off, this can be confusing and disrupt sleep.
3. THINK about other environmental factors, noise? Place the bed away from the door or internal wall or away particularly noisy areas (televisions)
4. Ensure that all sources of IT (tv, iPad, phones) are removed at least 1 hour before bedtime, blue light can supress melatonin release and disturb the bodies normal sleep rhythm.
5. Decorate bedroom in pale shades where possible, as bright colours are more stimulating.
6. Blackout curtains or lining are particularly important if your room is bright or there are bright street lamps, as these block out the sun especially early morning.
7. If the room is too dark, this can be scary for some children, soft night lights are appropriate dull orange, red and pink lamps are appropriate.
8. Room temperature, is it too cold or hot, are there draughts, don’t forgot body temperature is at its highest at 7pm and lowest at 4pm.
9. Also, think when your child’s last meal was, your child may be hungry, try adding in another mealtime ‘supper’ before bed to bridge the gap from tea until breakfast.

**Bedtime routines are important:**

1. Put your child to bed at the same time every night and wake them up at the same time each morning.
2. Make day time naps age appropriate and schedule them in, children over the age of 4 do not need day naps. However your child may benefit from one if they are using their energy, make sure this doesn’t impact on night time sleep.
3. Ensure your child is not hungry/ thirsty before bed and ensure no intake of sugar is taken before bed.
4. Make sure toileting has taken place before bed.
5. Everyone follows the same routine.

**Some calming/ relaxing techniques are:**

1. Relaxation time: colouring, jigsaws, undivided attention (avoid stimulating activities)
2. Warm Milk Drink
3. Bath time (usually 30 minutes before bed)
4. Story or song time
5. Settling into bed
6. Goodnight kiss.

Sleep can impact on day time behaviours, if your child has less sleep or is sleep deprived your child may present with attention deficit, Hyperactive and behaviour like symptoms